

I believe that in introducing Brazilian jujitsu as a sanctioned in sport throughout Hawaii high schools would be beneficial to students in all aspects of their lives; mentally, socially, and physically. Through a positive and encouraging environment, the student learns discipline, determination, perseverance, self-confidence, humility, and camaraderie which can be carried with them throughout their lives.

Jujitsu is not only a great cardiovascular workout but it also teaches the students self defense in a gentle way. It is directly translated as "the gentle art". It is often mistaken for an MMA (mixed martial arts), which is a full contact sport. That is not what jujitsu is about.

If jiu-jitsu was offered at Hawaii high schools, it would give students the opportunity to learn a skill that would not only enhance their physical well-being but also teach them the beneficial characteristics of a well-rounded human being.

HR124

Submitted on: 3/24/2015

Testimony for EDN on Mar 25, 2015 14:00PM in Conference Room 309

Submitted By	Organization	Testifier Position	Present at Hearing
Lea Park	Individual	Support	No

Comments: Aloha Members of the House Committee on Education, My name is Lea Park and I am writing in support of House Resolution 124. In May 2004, after I received my Masters Degree in Public Administration, I began training in the martial arts to lose weight and get into shape. At first, I only did kickboxing but was later introduced to Brazilian Jiu-Jitsu but BJ Penn's instructor, Charuto Verissimo. Fast forward almost 11 years later, I am still training in both martial arts and am instructor at a local Jiu Jitsu academy on Kauai. I have an exclusive class for women to learn self defense and the art of Jiu Jitsu. Next month, I will be hosting our academy's first women's charity self defense seminar, with all of the proceeds going to the YWCA's domestic violence shelter. Because of Jiu Jitsu, my life has changed. Not only has it taught me self defense and gave me confidence, it has opened the doors to lifelong friendships throughout the world. I honestly believe that if Jiu Jitsu was introduced to me earlier in life, I would be a much different person. However, it's never too late to start something that you will love. With the differences in generations since I was a child, there is more bullying in schools. Not just physical, face-to-face bullying, like I experienced in school -- but now you add cyber-bullying, a more dangerous, silent type that provides more "real" and scary consequences, it is imperative that children be able to learn how to defend themselves and to have the confidence to be able to rise above the bullying. Brazilian Jiu Jitsu will do that. It already is for the children who are involved in it. I don't expect that a feasibility study will be easy, as there are so many facets to explore about the sport and the politics that go along with it. However, I believe that if you can add surfing as a Hawaii sanctioned sport, with all of its physical dangerous, you will surely be able to examine the feasibility of adding the "arte suave" or smooth art, as a Hawaii sanctioned sport, as many of our children are involved in it -- probably just as much as surfing. Thank you for taking the time to hear this measure and for reading my testimony. Jiu Jitsu has changed my life and I know that it will positively change the lives of Hawaii students if you allow it to be a state sanctioned sport in Hawaii. Me Ke Aloha Pumehana, Lea Park 2nd degree blue belt New Breed Jiu Jitsu Academy Kauai

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Submitted By	Organization	Testifier Position	Present at Hearing
shea montgomery	Individual	Support	No

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Submitted By	Organization	Testifier Position	Present at Hearing
nick pananganan	Individual	Support	No

Comments: I believe that the art of jiu-jitsu, is a valuable teaching tool for today's student athletes. It offers so much, in the traditional sense of promoting self discipline and respect. It also offers a lot in the form of health/ sport science. It encompasses the principles of leverage and efficiency. As such student athletes learn about the human body and it's mechanics. Subjects like ergonomics, kinesiology and anatomy. Even how to adapt to changing/evolving techniques and strategies in competition. These mimic real life challenges in the professional world with a constantly evolving technology and social climate. In closing I hope that this bill is considered with open minds and warm hearts. We as a state house some of the finest jiu-jitsu practitioners and coaches in the world. And we now have a chance to let our state shine and lead the way for the rest of the nation. Mahalo,